**VI. Week of April 16: Seek First to Understand,   
Then to Be Understood**

*Your parents and teachers have worries, just like you do. If you take time to understand and listen to them, you will better understand them, and they will be more likely to listen to you. One way to improve communication with your parents and teachers is to make deposits in their Relationship Bank Accounts. You can make deposits by thinking about what would make them feel like you value them, and then saying or doing those things.*

Part A: Brainstorming Deposits

Choose one family member or teacher, and think about what they would consider to be a deposit in their Relationship Bank Account.

Part B: Making deposits

On each of the seven coins below, write a deposit that you will make in the Relationship Bank Account of your family member or teacher each day of the coming week.

**NAME OF** **PERSON: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**